

4 Steps to Control Your Diabetes. For Life.

Step 1: Learn about diabetes.

Step 2: Know your diabetes ABCs.

Step 3: Manage your diabetes.

Step 4: Get routine care to avoid problems.

Diabetes is a serious disease. It affects almost every part of your body. That is why a health care team may help you take care of your diabetes:

- Doctor
- Diabetes educator
- Eye doctor
- Mental health counselor
- Nurse practitioner
- Social worker
- Dentist
- Dietitian
- Foot doctor
- Nurse
- Pharmacist
- Friends and family
- You are the most important member of the team.

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Step 1: Learn about diabetes.

Diabetes means that your blood glucose (blood sugar) is too high. These are the main types of diabetes.

Type 1 diabetes —the body does not make insulin. Insulin helps the body use glucose from food for energy. People with type 1 need to take insulin every day.

Type 2 diabetes —the body does not make or use insulin well. People with type 2 often need to take pills or insulin. Type 2 is the most common form of diabetes.

Gestational (jes-TAY-shon-al) diabetes—may occur when a woman is pregnant. It raises her risk of getting another type of diabetes, mostly type 2, for the rest of her life. It also raises her child's risk of being overweight and getting diabetes.

Diabetes is serious.

You may have heard people say they have “a touch of diabetes” or that their “sugar is a little high.” These words suggest that diabetes is **not** a serious disease. That is not correct. Diabetes **is serious**, but **you can learn to manage it!**

All people with diabetes need to make healthy food choices, stay at a healthy weight, and be physically active every day.


Taking good care of yourself and your diabetes can help you feel better. It may help you avoid health problems caused by diabetes such as:

- Heart attack and stroke
- Eye problems that can lead to trouble seeing or going blind
- Nerve damage that can cause your hands and feet to hurt, tingle, or feel numb. Some people may even lose a foot or leg
- Kidney problems that can cause your kidneys to stop working
- Gum disease and loss of teeth



When your blood glucose is close to normal you are likely to:

- Have more energy
- Be less tired and thirsty and urinate less often
- Heal better and have fewer skin or bladder infections
- Have fewer problems with your eyesight, feet, and gums



Ask your health care team which type of diabetes you have

Learn why diabetes is serious.

Learn how caring for your diabetes helps you feel better today and in the future.

Step 2: Know your diabetes ABCs.

Talk to your health team about how to manage your A₁C, Blood Pressure, and Cholesterol. This can help lower your chances of having a heart attack, stroke, or other diabetes problems. Here's what the ABCs of diabetes stand for:

A for the A₁C test (A-one-C).

It shows you what your blood glucose has been over the last three months. The A₁C goal for most people is below 7. High blood glucose levels can harm your heart and blood vessels, kidneys, feet and eyes.

B for Blood pressure.

The goal for most people with diabetes is below 130/80. high blood pressure makes your heart work too hard. It can cause heart attack, stroke, and kidney disease.

C for Cholesterol (ko-LES-ter-ol).

The LDL goal for most people is below 100.

The HDL goal for most people is above 40.

LDL or “bad” cholesterol can build up and clog your blood vessels. It can cause a heart attack or a stroke. HDL or “good” cholesterol helps remove cholesterol from your blood vessels.



Ask your health care team:

- What your A₁C, blood pressure, and cholesterol numbers are
- What your ABC numbers should be
- What you can do to reach your targets

Step 3: Manage your diabetes.

Many people avoid the long-term problems of diabetes by taking good care of themselves. Work with your health care team to reach your ABC goals. Use this self-care plan.

- Use your diabetes meal plan. If you do not have one, ask your health care team for one.
 - Eat healthy foods such as fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese.
 - Keep fish and lean meat and poultry portions to about 3 ounces (or the size of a deck of cards). Bake, broil, or grill it.
 - Eat foods that have less fat and salt.
 - Eat foods with more fiber such as whole-grain cereals, breads, crackers, rice, or pasta.
- Get 30 to 60 minutes of physical activity on most days of the week. Brisk walking is a great way to move more.
- Stay at a healthy weight by using your meal plan and moving more.
- Ask for help if you feel down. A mental health counselor, support group, member of the clergy, friend, or family member who will listen to your concerns may help you feel better.
- Learn to cope with stress. Stress can raise your blood glucose. While it is hard to remove stress from your life, you can learn to handle it.
- Stop smoking. Ask for help to quit.
- Take medicines even when you feel good. Ask your doctor if you need aspirin to prevent a heart attack or stroke. Tell your doctor if you cannot afford your medicines or if you have any side effects.

Step 4: Get routine care.

See your health care team at least twice a year to find and treat any problems early. Ask what steps you can take to reach your goals.

At each visit be sure you have a:

- Blood pressure check
- Foot check
- Weight check
- Review of your self-care plan shown in step 3

Two times each year have an:

- A1C test– it may be checked more often if its over 7

Once each year be sure you have a:

- Cholesterol test
- Triglyceride (try-GLISS-er-ide) test — a type of blood fat
- Complete foot exam
- Dental exam to check teeth and gums—tell your dentist you have diabetes
- Dilated eye exam to check for eye problems
- Flu shot
- Urine and a blood test to check for kidney problems

At least once get a:

- Pneumonia (nu-mo-nya)shot

If you have Medicare, ask your health care team if Medicare will cover some of the costs for

- Learning about healthy eating and diabetes self care
- Special shoes, if you need them
- Medical supplies
- Diabetes medicines

My Diabetes Care Record Card

Each visit	Date	Result
Foot check		
Review self-care plan		
Weight check		
Once a year		
Dental exam		
Dilated eye exam		
Complete foot exam		
Flu shot		
Kidney check		
At least once a year		
Pneumonia shot		

New AARP Driver Safety Course

Insurance discounts

New Material Provided

Call Price Senior Center

to sign up 636-3202

Leonard Miller, Instructor

Tuesday January 5, 2010

1:00pm –5:00pm

Cost per person \$12.00

Lunch is available at the center at Noon

Call center to make reservations for lunch

60 AND ABOVE \$3.00 DONATION

UNDER 60 \$6.25

Benjamin Franklin was well-known for his sayings, or proverbs, many of which were printed in the Poor Richard's Almanac. Read through these proverbs and unscramble the underline words.

1. Be slow in choosing a friend, Iwsore in changing._____
2. Whatever nebigs in anger, ends in shame._____
3. Haste Makes stewa._____
4. Make haste wlosyl._____
5. Well done is tebter than well said._____
6. You may delay, but miet will not._____
7. Lewl done is twice done._____
8. The doors of wisdom are never tuhs. _____
9. Early to deb and early to sire makes a man healthy, wealthy and swie._____

Answers on page 8

	7					6		
	1			2		5		9
9	2			7	4			
				9	7			
			2			4	8	
			3					
		3		1				
	8	6	4			1		
								5

Scrambled Sayings Answers

1. slower
2. begins
3. waste
4. slowly
5. better
6. time
7. Well
8. shut
9. bed, rise, wise

3	7	8	1	5	9	6	2	4
6	1	4	8	2	3	5	7	9
9	2	5	6	7	4	8	1	3
8	4	1	5	9	7	2	3	6
5	3	9	2	6	1	4	8	7
2	6	7	3	4	8	9	5	1
4	5	3	9	1	2	7	6	8
7	8	6	4	3	5	1	9	2
1	9	2	7	8	6	3	4	5

East Carbon	
Classes & Activities	Day & Time
The Four Tune O's	1st & 3rd Monday 11:30am
Lunch	Daily (Mon –Fri) 12:30pm
Bingo	Wed, 1:30pm
Cards	Tues & Fri 1:30pm
Blood Pressure	1st & 3rd Weds of month 10:30am
Shopping in Price	Friday 1:30pm
Billiards	Daily During Business Hours
Computer Class	to be announced Call center for more info
Exercise Class	Tues & Thurs 11:30 a.m.
Walking (when weather permits)	Daily 7 a.m.

	CLINICS	ACTIVITIES	CLASSES	EXERCISE	MUSIC	GROUPS
MON	Blood Pressure 2nd & 4th Monday at 10:00a /	Billiards daily 8a-4p Shopping Albertsons 1p Shopping 2nd Mon Wal-mart 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a	Exercise Gym open daily 8a-4p	Some Mondays “Music of the Heart”	Bingo (American Legion Auxiliary) at 6p
TUE		Billiards daily 8a-4p Golf (seasonal) Cards/Game 1p Movie 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a	Exercise Gym open daily 8a-4p Yoga at 10:00a Pilates at 11:00a	The Four Tune O’s 1st & 3rd Tues 11:30a	
WED		Billiards daily 8a-4p Bingo 1p	Computer Lab Open Daily 8a-4p Ceramics 10:00a Oil Painting 1:00p	Exercise Gym open daily 8a-4p	Melody Five at 11:30a	
THU		Billiards daily 8a-4p Cards/Game 1p Shopping Smiths 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a Organ Lessons 11:00a & 1:00p	Exercise Gym open daily 8a-4p Yoga at 10:00a Pilates at 11:00a	James (Jimmy) Eaquinto 1st & 3rd Thurs / Sing Along 2nd & 4th Thurs 11:30a	Quilters 2nd Thurs at 6p / Quilters 3rd Thurs at 1p / Carbon County Historical Society last Thurs of month
FRI	Free Hearing & Hearing Aid Checks 2nd Fri. at 10:30a	Billiards daily 8a-4p Bowling at Country Lanes 1p	Computer Lab Open Daily 8a-4p Ceramics 10a	Exercise Gym open daily 8a-4p		
Computer Class: Call Center for info 636-3202		On going Daily Activities: Subject to Change without Notice				

Ring In The New Year
At the Price Senior Citizen Center
9:00 till Midnight

With
Music of the Heart



Neldon Huff~Tom Berryman~Tom Smith~Ed Burnham

Dance the Year Away

All Ages Welcome

Refreshments

Party Hats

Noise Makers

Donations Suggested

Contact Annette @ 650-0049

Senior Bowling Nov 2009

HIGH SCORES

John P. 193
Jake L. 163
Tonie L. 239
Doug H. 204
Bill M. 223
Garth P. 165
Tom B. 166
May M. 143
Elnora C. 170
Pat M. 151
Katie E. 147
Dora S. 131
Nora A. 130
Carolyn O. 186
Evelyn P. 126

High Series

Bill M. $201+223+204=628$
Tonie L. $140+145+239=524$
Doug H. $204+165+164=533$
Elnora C. $135+153+170=458$

SPLITS

May m. 4-5
Doug H. 5-6
John P. 5-6 & 5-10
Bill W. 4-5 & 5-7
Evelyn P. 4-10 & 4-5
Dora S. 5-7 & 4-5
Tom B. 5-6 & 5-6
Jake L. 4-5
Bill M. 5-6
Garth P. 4-5 & 5-7

STRIKE POT

Garth P.
Tom B.
Doug H.
Katie E.

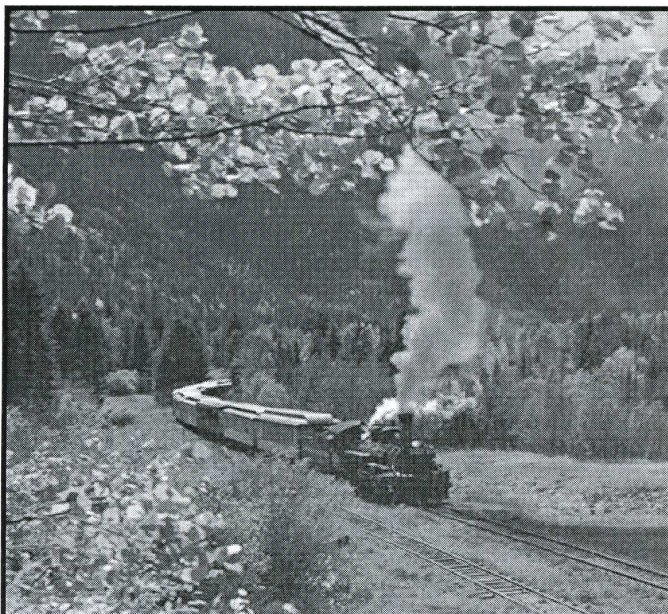


Tour Includes:

Balloon Fiesta Events including two evening launches and one morning mass ascension
 Private transportation via luxury restroom and DVD-equipped motor coach
 Professional, experienced Webb Tours Director and Senior Center hostess throughout
 Excellent accommodations that are well located (Including the Marriott Fairfield in Albuquerque)
 Eleven delicious meals
 Silverton – Durango scenic train journey
 Sightseeing Highlights:

- Balloon Fiesta Events
- Local tour of Santa Fe
- Mesa Verde National Park, including ranger-guided tour, Black Canyon of the Gunnison
- Sandia Tram
- Admission to Los Alamos and Pueblo Museums

Tips for baggage handling, taxes and hotel gratuities except gratuity to your driver and local guides



New Mexico AND More!

Durango – Silverton Train

Balloon Fiesta In the Fall

October 3-10, 2010



Enjoy the World-Famous Balloon Fiesta

Featuring the best of New Mexico and Scenic Southwestern Colorado!

Pricing Information

(Prices are per person based on number of persons sharing a hotel room)

Two in a Room.....\$1,195
Three in a Room.....\$1,145
Four in a Room.....\$1,095
One in a Room.....\$1,545

This tour is a great combination of history, scenery, fun entertainment, delicious food, delightful destinations and more. We hope you can join us!

This tour is designed specifically for the Carbon County Seniors and their friends. The motor coach will pick up at the Carbon County Senior Center. For more information, contact Webb Tours at 1-800-658-8519, or contact Tammy at the Senior Center. Space is limited to one coach.

New Mexico is known as the Mecca of the Southwest. American Indian, Spanish and Anglo traditions are distinctly woven together creating a destination different than any other. Add to that the beauty of the Balloon Fiesta, the colors of the fall and the magnificence of Southwestern Colorado and we have a tour that is truly unique.

We'll start with a drive into western Colorado near the scenic Black Canyon of the Gunnison. We'll take the spectacular narrow gauge railway from Silverton to Durango. We'll see Mesa Verde National Park before working our way into Santa Fe and Albuquerque where we'll enjoy several Balloon Fiesta events, and other activities. We'll return via Monticello to Price (and onto Salt Lake).

This is a super getaway with unbeatable scenery, history and culture. We'll enjoy some excellent cuisine while staying in lovely hotels along the way. The tour is fully escorted and includes 11 meals, great lodging, all admissions, luxury motor coach transportation and much more. Space is limited to 44 passengers. So come and join us!

Daily Itinerary:

October 3: Salt Lake to Price to Montrose: Today we'll get acquainted as we begin our tour. We'll have a pick up in Salt Lake and Utah County as we make our way to Carbon County. We will depart from the Carbon County Senior Center at 10:00 AM. We'll make a lunch stop in Grand Junction before driving on highway 50 toward Montrose. Before checking in, we will drive 15 miles to the south rim of the Black Canyon of the Gunnison for spectacular views of the canyon below. Then we'll return to Montrose where we'll spend the evening at the lovely Holiday Inn Express.

October 4: The scenery is magnificent today as we work our way into the San Juan Mountains. Our first stop is **Ouray** (just 30 miles away), beginning of the Million Dollar Highway. The views cannot be overstated. We'll see beautiful **Box Canyon Falls** before continuing into nearby Silverton where we'll board the **Narrow Gauge Railroad**. This train began operating in 1882 hauling gold and silver through the mountains. Today's trains are still coal-fired, steam-operated 1923 vintage locomotives in original condition. The scenery on the 3 1/2 hour journey is spectacular, especially with the fall colors in the hills. The train ends in Durango where we'll spend the evening. ***Tour pays for breakfast and train journey today.***

October 5: Today we'll drive 36 miles to the west into **Mesa Verde National Park**, one of our country's most interesting national parks. Besides great scenery, this was home to the Anasazi who built and lived in defensible communities for over 700 years. These cliff-dwellings are fascinating to see and we'll have time to enjoy the park at a relaxed pace. We'll have a local guide show us the park and provide all the interesting history as we travel. We'll stay in Durango again this evening where we'll enjoy dinner together as a group. ***Tour pays for breakfast, park admission and dinner.***

October 6: Today we'll continue south into New Mexico. After lunch, we'll visit Los Alamos and the **Bradbury Science Museum**, a fascinating monument to the Manhattan Project and the first detonation of the Atomic Bomb. There are interactive displays about interesting "classified" information. From there, it's just 33 miles into **Santa Fe** where we'll relax at the Comfort Suites. We'll enjoy a dinner together at the Santa Fe Grill overlooking the main plaza. *Tour to pay for breakfast, museum admission and dinner today.*

October 7: Welcome to **Santa Fe**, the City Different. The capital building has flown the flag of Mexico, Spain, and America. It is the oldest continually occupied capital dating back to 1610. A local guide will spend the morning with us introducing us to the interesting history and highlights of the area. After lunch on your own in the interesting downtown area, we'll take our 45 minute ride into **Albuquerque**. After checking in and relaxing, we'll have a chance to witness the first of the **Balloon Fiesta** events. It's called the **Shape Glowdeo**. Hot-air balloons of all different shapes "glow" against the night sky creating a unique view. A spectacular fireworks display follows the ascension. *Tour to pay for breakfast and Balloon Launch.*

October 8: The **Balloon Fiesta** dates back to 1972 when 13 balloons lifted off from downtown Albuquerque. Nobody had any idea what it would become. 38 years later, more than 900 balloons take to the sky in what has become a magnificent spectacle. We'll arise early this morning and take a short drive to the launching area. It is a fair-like atmosphere with lots of activity going on while we await the launches. We'll see the several hundred floating balloons which really is a unique sight. On our way back to town, we'll stop at **Sandia Mountain** where we'll take a tram to the top for lovely views of the entire region from over 10,000 feet. This is the longest tram in the world (and still takes only 15 minutes) and one of the most difficult to build. You'll see why. After resting at the hotel, you'll have some free time in Albuquerque's charming **Old Town**. Do a little shopping, get some lunch or just enjoy the atmosphere. We've also included admission to the interesting **Pueblo Museum** where you can learn the important history of the Pueblos. We'll have an early, dinner followed by an option to return to the Balloon Fiesta to see another evening ascension and fireworks. *Tour to pay for light breakfast, dinner, tram and Balloon Fiesta events.*

October 9: If the weather was bad yesterday, we'll have a chance to see the ascension this morning. Otherwise, we'll have a nice breakfast and point our way home. Today is mostly a drive day. We'll take advantage of our DVD equipment on board the coach. Lunch will be in Gallup, then we'll make our way north. We will make a stop at **Four Corners** which is kind of fun. Our hotel tonight is in Monticello. A final dinner is included this evening. *Tour to pay for light breakfast and dinner.*

October 10: After a nice breakfast, we'll work our way back to Price, arriving by about 1:00 in the afternoon. The coach then continues to the Salt Lake area if you joined the tour there. You'll have a greater appreciation for this very interesting part of our country. *Tour to pay for breakfast today.*

Registration Information:

To make a reservation, simply **fill out the attached reservation form and send it to us with a deposit of \$300 per person**. When we receive your deposit, we will mail you a receipt confirming that you are registered for the tour. A letter with instructions, hotel itinerary flight information (if applicable) and luggage tags will be sent 45-60 days prior to departure at which time the balance will be due. You do not need to pay the balance until after you receive that packet. We require final payments in the form of a check. If that is not possible, arrangements can be made to use a credit card. Webb Tours accepts Visa, Mastercard and Discover.

Cancellation Penalties

We understand that you may need to cancel your trip for whatever reason. If it is 60 days or more before departure, all money will be refunded. If it is within 60 days, we will charge you only what Webb Tours cannot recover. In some cases, we can recover all of it. In others, we cannot. Cruise lines, airlines, hotels and other service providers require funds in advance and have their own rules about what will be refunded once paid. We must follow their guidelines. For airlines, specifically, tickets are generally non refundable when purchased. However, most airlines will allow the value of the canceled tickets to be reused for future travel, though a penalty may be assessed to reuse the tickets. If you have to cancel, Webb Tours will work with other providers to obtain as much refund as possible for our travelers. Our travelers know us to be very fair in this regard.

Cancellation Insurance:

Cancellation insurance is also available should you be interested. The insurance provider that we use is a company called Travelex. You can learn about them at www.travelexinsurance.com. With this insurance, most of your money will be returned to you in case you have to cancel for covered reasons (illness or death of an immediate family member) at the last minute. The price for the insurance varies based on the price of the trip and the age of the participant (at the time the insurance is purchased). Prices are as follows:

Trip Cost	Ages 0-34	Ages 35-50	Ages 51-60	Ages 61-70	Ages 71-80	Ages 80+
\$1,000-\$1,500	\$64	\$78	\$84	\$105	\$150	\$229
\$1,501-\$2,000	\$81	\$100	\$108	\$140	\$198	\$291
\$2,001-\$2,500	\$102	\$122	\$131	\$170	\$242	\$355
\$2,501-\$3,000	\$121	\$142	\$154	\$201	\$288	\$418
\$3,001-\$3,500	\$139	\$156	\$168	\$231	\$330	\$484
\$3,501-\$4,000	\$157	\$167	\$181	\$262	\$380	\$570
\$4,001-\$4,500	\$173	\$188	\$204	\$317	\$425	\$633
\$4,501-\$5,000	\$192	\$209	\$237	\$356	\$470	\$713

If you are interested in the insurance, it is best to purchase it when your deposit is made as all preexisting conditions are waived. However, insurance may be purchased any time up to the point you make your final payment. Insurance cannot be purchased after your final payment is made. Webb Tours is not the insurer and acts as agent for Travelex. To activate your insurance, we need your premium and your birth date. **Insurance also includes \$50,000 in medical benefits, \$1,000 for lost baggage, \$250 for baggage delay and \$50,000 for Common Carrier AD&D.**

Mail deposit and enclosed reservation form to:

WEBB TOURS

2378 Evergreen Avenue
Salt Lake City, UT 84109
Tel. (801) 278-3101
or Toll Free 1-800-658-8519

Or call us and register over the phone. We hope you can join us.